

My Experience



Paula Hicks

January 18, 2012 at 5:27 pm e

Do the Group Cleanse and share your experience and you may be published by TheMasterCleanse.org

Says:

Reply



Jamie Says:

January 16, 2012 at 10:31 pm e

Day 8: Today was day filled with lots of fun and movement. I weighed in today and had only lost 1 pound from yesterday which is ok I still feel great and even my friends that seen me today for the first time were excited and told me they could tell my weight loss. That was great news for me. I came into this program to help me cleanse and lose weight and so far I have done both that's great for me.

Reply



Mike Olaski Says:

January 18, 2012 at 6:18 pm e

Congrats Jamie, we're almost there. Great job sharing your experience! Everyone is very grateful I am sure.

Reply



TheMasterCleanse.org

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Forward by Mike Olaski

This Master Cleanse Journal is by a cleanser Paula Hicks during the Master Cleanse Group Experience at TheMasterCleanse.org.

The context has be left in place so sometimes the author is addressing other commenters during the live event. Those comments have been left in place where they provide value to the state of mind of the author, or the group, or perhaps they are informative in nature.

If you're interested in doing a Group Cleanse, you can register here:

<http://themastercleanse.org/group-cleanse/>

Thanks, and Happy Cleansing,

Mike Olaski

Founder of TheMasterCleanse.org and Author of [Zero To Master Cleanser](#)

About the Author

Author Username: Paula Hicks
Author Full Name: Paula Hicks
Author Cleanse Date: 2009.07.09

Comments of Interest

Pending

Notes

Pending

Psychological and Emotional

Ease-In - Day 2

Second day of ease in and it is not that hard yet but I am having a detox symptom of an ear ache and I am not going to let it get me down. That is the one thing I notice about this cleanse is that you can over think it or even get scared from experiencing the pains of cleaning the inside- but I always tell my girlfriends this too shall pass and also it takes pains to be beautiful. I just want to think about food differently for the sake of my family and also my husband- he wants to cleanse too but won't start until the weekend and he wishes he could take time off to do it with me during week but the first few days are his hardest days- he did make me a tea tonight and said he is going to try these next few days to do his prep or ease in.

Ease-In - Day 3

All ready for the morning time- I have laid out all my supplies needed for the salt water bath and lemonade, and also have the fridge clean and organized too. I am mentally preparing as well, and trying to keep my calendar not as busy for the next couple days so that my body can do what it needs to do to cleanse and detox. I did notice my teens asking me if they can do it with me so I started making them some smoothies and will ease them in as I progress on to set the example. I am also excited that my husband also sees the benefit to the cleanse and would like to do another one as well. I am looking forward to being on this group site to get some encouragement as I seem to get to day 5 and

something always happens and I give in- I really want to make it to the end without any interruptions.

Lemonade Diet - Day 1

I started the morning with the Salt water flush and then the lemonades, I notice that I have way more energy after the first elimination. I am on my way to feeling so much better and that makes me excited. I love the response I get from my family encouraging me along and it really helps my head really get in the game. I am also talking with someone from my church that doesn't feel good about his weight and wishes to do something about it so bad so I mentioned the cleanse and now he wants more info. I wish he would get online and do it with the group but he doesn't use the computer that much. I hear my stomach making some weird noises but it doesn't concern me too much it kinda makes me laugh and others around me laugh too. Looking forward to another day as I sit her drinking my nightly lax tea, I do notice having the tea right before bed makes me feel like I am getting a reward as I am an herbal tea drinker anyways and I really like to change it up a bit and try all the different lax teas on the market or make my own brew using peppermint and senna. What a treat to end the first day on.

Lemonade Diet - Day 2

Day two of cleanse and I had a tough day because my stomach was really girgly, and then we were invited to eat at the inlaws even though I would be fasting I figure one less meal to prepare for family- but don't look forward to an air of pressure or stress (that seems to make me hungry). It was ok but they sit in the formal dining room, and it just bothers me that they almost seem mad that I am not going to eat their food.

At least my husband and children knew what I was doing and they were in full support of me. I felt a little tired and didn't want to go full force into my daily routine during morning and afternoon hours- we usually do chores on Friday, and I also try to get all the laundry done, and then of course we have Family fun night to play games or watch a movie when husband comes home.

I was really tired during the movie tonight and I guess that is my natural body clock saying sleep as I am not on any caffeine, instead of focusing on the negative or wanting something bad for me I decided I would embrace being tired and just close my eyes- no body even cared and I felt better when I opened my eyes just a few minutes later. I don't feel deprived of anything as of yet and have been thinking about why I love this cleanse so much as it really does cleanse me on the inside and I can truly feel it doing a work in me- literally. I know I am drinking enough water as it seems to pass right through frequently throughout the day, which is so good for the kidneys, and the lemonades are what is causing the girgles in my colon- it must be getting deeper than all the other past cleanses and maybe this time my tongue will turn pink. Looking forward to another day!

Lemonade Diet - Day 3

I am having a great Day 3- I thought it would be hard as we were going to a public swimming pool and I was afraid that I would not feel that great being out in heat all day- and I started the girl thing too so I thought those combined would make me just not feel right but I ended up taking all my supplies with me, and drinking tons of water and just relaxed in the pool and it was great. Once we came home my son made me a snowcone with my peppermint tea as a flavor on it and that was a nice way to end the hot afternoon and we all took a nap. Then in the evening I needed to make something for our church because they are having dinner on the grounds tomorrow so I decided I would test myself and make my homemade bread (everyone in house was afraid I would cave and kept checking on me)- the smell is great but I just told myself I was making this for others and

it was not for us and I got over it. I did enjoy the smell and told myself as a reward when I am done cleansing I will make some more for us as a family. So I did something that normally was really hard on Day 3 and passed the test! yeah- on to Day 4

Lemonade Diet - Day 4

"Day 4 and feeling a bit scared of myself sometimes as I so quickly will raise a spoon to my mouth to lick the last bit off or just put things too quickly into my mouth without thinking- tonight I was cutting watermelon for my husbands lunch and it was so juicy that I thought about a taste but then I said out loud so my kids and husband could hear me- ""I am taking this thought captive, I wanted to taste the watermelon but I am really just thirsty get me some water"" they all pitched in to help and I did not cave. Whew! I normally don't have cravings but with this heat I must be careful not to get dehydrated so I was glad that saying something out loud made me realize why I wanted a taste. I know it is not even junk food I crave it is just fruits and veggies and seeds and nuts but not while on the cleanse....must be strong at least I am thinking more about making choices and also watching my actions and using my self control. On to Day 5 and excited to see what will happen next."

Lemonade Diet - Day 5

Day 5 was a restful day for me, and I am learning how to take a rest as my kids always tell me I am too busy and I need to slow down. So I slept as long as my body wanted to and then started the flush and then some lemonades, took it easy by watching a few movies and then taking an afternoon nap. I am not usually tired as long as I keep moving so I guess that is why taking one rest day a week is good for you. I feel recharged and ready

for a new day tomorrow. I did accidentally lick a drop of a fresh juice smoothie without thinking about it but I did not get carried away and want more, I just said at least it was something healthy. My whole family is wanting to better themselves and they are all wanting to eat better. Yeah~

Lemonade Diet - Day 6

Day 6 and I am feeling powerful again. I was able to go full strength on getting my chores done on the farm inside and out without getting tired all day-didn't even sit down once till dinner time. I was even able to entertain the relatives as they came for a spontaneous dinner of food they brought, and of course had to remind them I was cleansing but they tend to forget when it involves food that they cooked. Once again feeling pressure from them that I was supposed to eat but glad I didn't as it had meat in it.

I know that will also become a sore spot when I won't eat her meat in the future (she hated the other daughter in law for being a vegetarian and always acted so put out for having to make veggie dishes to appease her)- she will take it personally but I will just remind her that this is my health not hers, and I am the only one to blame if something goes wrong with me and my health so this decision is mine. Staying positive so far and learning to be more assertive in who I am and what I believe to be healthy and a healthy lifestyle as this is a life decision.

Lemonade Diet - Day 7

Day #7 it was a very busy outside day with 102 degree weather, I was surprised that with the heat that I did not feel dehydrated or worn out. I tilled the round pen and loaded hay in the barn and feed in the cans from the store, and did grocery shopping and had dinner made early for the family so I wouldn't have to fuss over it. Whew! Then we had a playday with some friends, and I was able to keep moving outside even during the hottest part of the day, with no headache or any aches and pains. That was amazing. I feel like a machine. I just want to keep this feeling- yeah Day 8 tomorrow.

Lemonade Diet - Day 8

Day 8 and I am feeling so excited, today I was told I have a glow about me. I am also starting a training program with my horse and getting to spend a lot of time with my teenage daughter. She has been such an encouragement to me through this whole cleanse, and she tells me all the time how I need to be mentally and physically fit to train and ride my horse.

I am happy that one of my girlfriends is sticking with the cleanse and she is on day 4 so we had a great time talking today about what she is experiencing.

Lemonade Diet - Day 9

Yeah day 9 is over- must have been allergies in the air or I was having a detox symptom as I got a bad headache. I just took it easy and drank tons of water- hope it will go away when sleeping. I felt more hungry than normal but decided not to have too many lemonades (as last time I gained weight with them) - I think some of the hunger is really in my head, and then again some of it could be because my muscles are crying out for more of something

that I am not providing my body during this cleanse- still researching clinical studies. Well I will complete day 10 tomorrow with a cleansing girlfriend and maybe I will have a renewed vision and the day will go better to let me know I can keep going- I will be listening to my body for sure.

Lemonade Diet - Day 10

Day 10- So happy I have made it this far but I still sense a need for more. At least I did it so far with no cheating! I like the idea of eating but I also have more of a problem with falling back into my old ways so I think I need to stick to this program until I am truly ready. It is good to really get your head in the game, and to stay in the game.

Weight Loss & Physical Effects

Ease-In - Day 1

I have weighed in and posted some info on my cleanse journal and even taken measurements so that I can see progress that may not show up on a scale. In the past I have done this and so has my husband and we noticed major inch loss and maybe up and down 1 to 3 pounds a day on the scale- so if I would get discouraged I would then reference the inches lost and of course being able to fit into the skinny jeans was a plus too- I had to go out and buy more goal clothes. I started my first cleanse in Sept of 08 and I was 195 and wearing a size 16-18 and now I am 165 in a size 9. I did the cleanse three other times before this, one and I did at one time hit as low as 155 and was wearing a size 6 but of course weight came back to get me because I am not keeping on the straight and narrow with the eating plan and the families way of eating is so different as well.

Ease-In - Day 2

I have my journal filled out and ready to monitor my success and to remind me what I have done for the day. I do notice I get a little forgetful the first couple days and then all of a sudden I am back like a fire has been lite under my brain and the rest of the cleanse I just feel better and better. I notice that I got an injury which really slowed down my workouts and I even had to stop running with my daughter and now with the heat in our area it makes being outside unbearable, so I am resorting to inside workouts and really wanting to do pilates as that is one I have been told I can do with an injured back as it will strengthen the core to support that area. I also know that doing the cleanse helps me have

the energy needed to get any routine started that I have been thinking about in my head. I can't wait to see what the next few days unfold to do for my body.

Lemonade Diet - Day 1

Well I weighed in at 174 and I am wanting to be back at 155 which is my goal weight as I am in the process of becoming a personal trainer and with my muscle content I can't go too much lower or my body will eat my muscles. I really need to reset myself hence the reason for doing this cleanse. I was running with my daughter and my legs were going numb so I had to go get some tests done to make sure I didn't hurt myself seriously and when results came back I just found out I have a really small opening for spinal cord in lower extremities and also a bulging disc to one side so I have had to stop running, and that really messed with my workouts in general as I was having to do rest until results came in. I am now getting on an inversion table and that is helping more than any doctor could without invasive procedures or drugs. I am also trying to do more light weights again and a light aerobics video or even pilates. I just know that this will help in no time. I also love the way I feel when cleansing, even if it doesn't show up on a scale. The inches melt off, and the mood is elevated which encourages movement no matter what the workout is. I get moving in the kitchen just doing the dishes, and love to play with my kids even if it is just the Wii as it is too hot to play outside during certain hours. We are also keeping ourselves busy with our hands while watching a movie by making stuff to give to others. Weightloss is just a small part of what the process does for the whole person!

Lemonade Diet - Day 2

My husband gave me a complement tonight saying you look like you are already losing weight, and I agreed as I weigh myself every morning at the same time to see if anything has happened, and this morning the scale was 3 pounds lighter, and I seem to do this- either 2-3 lbs a day but if I weighed at night time I would weigh more-maybe because gravity is weighing me down- funny right? So I just stick to once a day in the morning- I also don't let it discourage me if it doesn't change or if it goes up for some reason as I usually write this stuff in my journal; and can look back at my last cleanse and see that even though I might have gained a pound one day the next I actually had taken off 4 to make up for it. I think that more than the weight loss it is the inner feeling you get of being strong for yourself and also setting a goal and reaching it. Now I can't wait for day 3 of the cleanse.

Lemonade Diet - Day 3

Day 3 and already down 4 pounds- I really like that I am able to get back to my workouts, and today I lifted weights before going to the swimming pool. I notice everytime I want to restart a workout routine I can do the cleanse, and it resets me, and my head really gets in the game too. I also notice I don't get the lactic acid buildup which usually causes people to cramp or feel the pain the next day after working out, it must be that my body is so powerful right now it can combat that issue and I will not complain. I just love the feeling of wanting to workout! Can't wait to see what happens next.

Lemonade Diet - Day 4

Day 4 and I weighed in at 169 so it will start coming off pretty good now that I am on a roll- especially when my muscles will burn fat even in a restful state. I really love all the energy I am getting throughout the day, I notice I meander into my master suite and just sit on weight bench and start working out or when sitting to watch a movie we do inner and outer thighs with a thighmaster, or just crunches for no reason at all.

I do know to listen to my body and rest when it says to rest so in the hottest part of day we usually watch a movie, and that is when I just let myself go to sleep if I need it. I drifted off a little today but not too much, and my stomach is still having the girgles, and a little bit of gas. I really hope I can truly get this buildup out of me whatever it is, and my body will become a fit machine.

Lemonade Diet - Day 5

Day 5 and I am down to 166 and feeling great. It always shocks me how fast the weight can come off and you can still workout and cleanse which is so cool. I also have so much energy and my face seems to glow but of course my tongue doesn't- it sure is white. My stomach finally stopped girgling. I am happy that I am able to fit back into some of my summer clothes again, they were starting to get a little tight and I hate that. Well off to bed and then start a new day tomorrow.

Lemonade Diet - Day 6

Day 6 and down 10 pounds- whew I didn't think that was possible. I am so happy because after changing my workouts so dramatically from running and lifting to not being allowed to do anything for a month and then the heat kicking in and making it hard to do anything

major strenuous I had to resort to inside workouts only and was not feeling motivated and fat sure comes on quick after 30 so I got worried. I then realized I could do the cleanse and I started a few but something always made me give in and of course it would hurt so bad to get on solids after cleansing for 4/5 days and now I have made it to 6 and still want to do more and will not let anything hinder me. I am also looking forward to becoming a personal trainer so I really need to have a body to keep up with the market out there and I need to be strong to complete the schooling as well. I guess that is my motivation now! visualizing myself as a personal trainer- awww Ok reality check I gotta go sleep so I can start day 7.

Lemonade Diet - Day 7

Day #7 I did go up on the scale from having 8 lemonades yesterday but I will wait to see what the results are tomorrow. It was only different by two pounds- back to 166. It does baffle me as the days that I am super busy on the cleanse I don't lose as much as when I just lay around and do nothing. Weird. So I only did 6 today, and was also really busy outside- sweating and stuff so we will see if we get the same results tomorrow or something different. I will just have sleep with the suspense.

Lemonade Diet - Day 8

Day #8 and I am back down 10 pounds at 164 since starting the cleanse so it must be the more lemonades I do the more weight I will keep on even if I am busy all day.....so not fair as I only have two days left and maybe will be down 12-13lbs at most putting me at 161. So, I did not get to my goal of 155- maybe even 150 so that means I am going to stay on longer than just the 10 days to see if I will keep going down 10 more pounds. My tongue

is also no way near ready to turn pink, and that is also my goal.

I will keep increasing my workouts and just listen to my body to see what is going to happen next. Onto day 9

Lemonade Diet - Day 9

Day 9 and down 11 pounds to 163! That is good for now and will probably be even better tomorrow on Day 10- can't wait to check measurements, as I am sure those are even better because I went to put a bikini top on and it didn't fit anymore it was falling off me. I physically can see my muscles better and look more tone. Love the way my face tightens up around chin area and neck. I do have more energy on certain day and then on others I just lay low and feel like blah. I am working out more and hoping that I can get into a groove of a routine.

Now on to Day 10-

Lemonade Diet - Day 10

Day 10 and was only down 10 pounds this morning- I guess this is where my body wants to be for now. Sometimes after getting off the cleanse I will lose even more weight because I am missing something doing this cleanse and lifting weights and my body wants more but I think it increases my metabolism and gets me on the right track. I am looking forward to doing a few more days and seeing what happens next.

Detox and The Salt Water Flush

Lemonade Diet - Day 1

Once I learned how to take this salt water flush with making the water a little warm and playing games in my head it wasn't all that bad- I pretended it was a salty broth and I always had to have something on to watch while drinking it in beginning to help take away the gag feeling but now I don't even think about much at all and love the way it really does clean you from top to bottom. I also tried counting how many sips it took to finish it, and one time my husband and I had a race to see who could drink it down first. The first time I tried the cleanse and did not have the right info and had bad cramping so then my friend told me to do an enema and I noticed some relief but once I read about this flush it seems so much more practical and really does work. I also told my husband that if he did this in am he would not have to get up throughout the day for a BM because he would be done and that really helped him do this while working.

Lemonade Diet - Day 2

I do notice that the first time I did the cleanse I got sick but I don't think it was caused by the SWF- I had some detox syndrome to take care of and had to just tredge through it, by the fourth day I felt so much better and could handle doing the flush no problem. I also had to get used to the lax tea in evening.

The book does say take SWF on an empty stomach, and it does recommend first thing in am.

Another reason you would get sick from it in general would be psychological as it does

create a gag reflex if you think too much about it. Try watching something as you drink that seems to help for me maybe for you too, or you could try warming the water a bit to make it like a soup, or another game to play is to count how many sips it takes to get it down, if you are the competitive type challenge someone to see who can get it down first (even if someone in your house is not cleansing they can do plain water but it is the race that counts).

I also notice on other web pages some people are not used to using laxative teas, and some have too much senna in them and that can create a problem in your body at first promoting vomiting and very strong stomach cramps. Check to see if your lax tea has more than 1,080 mg of senna, and pay attention to what your body is doing as some contraindications could be ulcerative colitis, acute intestinal inflammation, appendicitis, severe dehydration states with water and electrolyte depletion, and Crohns disease- and if you are still on any medication this could also give you an adverse reaction. Hope this helps anyone that is not having success with the Salt water flush.

Lemonade Diet - Day 3

I did the SWF this morning like all other mornings but this time it seemed like I was feeling like I had to go all day in and out of bathroom, and sometimes it was gas and sometimes just a little bit of the yellow stuff but the stomach is still gurgling like all the time. I wonder if something BIG is going to come out of me this time. I have had in the past cleanses little black things but nothing like I have had friends tell me they have had like long black snakes and stuff.

I wonder what it feels like once you are pure and clean inside so I will continue to embark on these cleanses until I feel that I have achieved that goal- yeah it might take me all my life as the world we live in will always have some pollutants that I just can't fight off but I will certainly try.

It is interesting to hear how each person is doing the SWF or how it is reacting to you or if you are just doing tea and not flushing at all.

I enjoy having this site so we can all just trudge through it and encourage each other along the way. Thanks for sharing.

Lemonade Diet - Day 4

I think I was a little out of sync when I woke up it felt like my brain was swollen or maybe sinuses but I have never felt that before- it was an all over swollen inside the head and not a headache, just pressure but my ears hear and my nose can breath and I have nothing draining down my throat. I hope it is healing whatever it is. I also notice that the SWF does not seem to be coming out of me so strong like it has in the past so I really think I am on to something inside me, and I am going to really get some benefit to this being my 4th time doing a full cleanse. I am still girgling and I can literally hear the lemonade going down the colon in trickles. Well onto the next day- must sleep I am tired early tonight.

@Wendy I don't think it matters what temp the water is. I also don't think it will have an effect on your toxicity level and what will come out of you. I know towards to the end of ten days it is still yellow butt pee I have never seen it turn clear nor have I heard from any of my cleansing friends about it for them either. I know there are some websites out there that people have made that shows some of the stuff and snakes they have passed maybe you tube. If I find them I will post later.

Lemonade Diet - Day 5

I was reading on the board where someone said to hold the SWF in for a while and then go eliminate. Well that seemed to really help get all the air bubbles out of my colon and I feel so much better today. I was wondering why I was girgling so much. I also got a phone call from a girlfriend doing the cleanse and she said that she did not have very good time with flush this morning as it came back up, but when I explained to her that she did not do ease in and that her colon must be really full because even the lax tea from night before did not help her eliminate that is why it had to go somewhere so up was the only choice. She decided she will try it again on Day 3 or more but do the lax tea just twice a day instead. I am also noticing that I am getting more sick of doing the SWF as the days progress, it makes me gag more. Looking forward to the next day.

Lemonade Diet - Day 6

I am really not liking the SWF for some reason or another. I have felt that since the beginning of this cleanse it is staying inside me even after my eliminations, and I don't feel as if it is all out even by the end of the day. I know the book says you can't absorb it but maybe when you are sweating all day it needs to have some to replenish the electrolyte balance?

I also don't like when some salt stays at the bottom when you are drinking the flush, and the last little 4oz taste so bad with high salt, really makes me gag and I am chugging. I can't imagine just doing 8 oz with all that salt and then chase with water but I might have to resort to that to get it down.

Lemonade Diet - Day 7

I didn't get to do my SWF this morning as I accidentally overslept when alarm went off (must have needed the sleep), and I did the lax tea instead and really hated it because I was having to stop in every store and go to the bathroom and of course a lot of it was air- very uncomfortable when others are listening from outside the stall but oh well at least I didn't do it in public. As the admin said ""No farting"" - well I did not want to make any mistakes out in public.

Onto day 8- looking forward to the SWF to get everything out first thing in the morning."

"Oh thanks to Jamie and Brian for advice- I will try it.

@Nikki and Admin: about the Irritable Bowel Syndrome it may be caused by a combination of stress and high-fat diet. Fatty foods worsen symptoms by increasing the intensity of the contractions in the colon, there by increasing symptoms. Chocolate and milk products, in particular, seem to have the most negative effect on the IBS sufferers. IBS is not the same as colitis, mucous colitis, spastic colon, and spastic bowel. Unlike colitis, IBS does not involve any inflammation and is actually called a ""functional disorder"" because it presents no obvious, outward signs of disease. A number of medical studies have documented that peppermint oil (in enteric coated capsules) is beneficial in treating IBS and decreases pain. I am a young living distributor for the essential oils and found this in my reference book so I thought I would share it with you both.

@ Nikki for the swelling- This is the instructions straight from Stanley Burroughs book ""Prepare a full quart of luke-warm water, and add two level (rounded for the Canadian quart) teaspoons of uniodized sea salt. Drink this first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about an hour. Several eliminations will

likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of entire digestive system." "

Hope that helps."

Lemonade Diet - Day 8

I did try dissolving the salt in 4 oz of water and then adding room temp remainder of water, I still ending up getting some salt in the very bottom.....hummmm and I also noticed that is was not wanting to come out of me even after 1 1/2 hours- I wonder if I add a little more salt if that would help as I read in another book by Tom Woloshyn saying that this might help to make the flush work better, so I will post results tomorrow.

Lemonade Diet - Day 9

I really liked the advice I got on here because it worked better today. I guess you really do have to play around with the measurements of salt and also dissolving salt in water first was a great idea too.

Thanks for all the fun tips. Looking forward to SWF tomorrow but still waiting to see if anything horrid will come out. I have noticed the eliminations are getting a deeper color and still once in a while something solid just pops out.....weird feeling as I have had nothing for so many days and flushing everyday you would think it would be juice but it is actually got substance to it and that trips me out. On to Day 10

Lemonade Diet - Day 10

Day 10- and really did not like the flush this morning, and was wondering if I have to continue doing these everyday or could I skip a day or two as I want to keep going on the cleanse? I was also reading that the lax teas should not be taken more than 10 days- so do I stop those as well and move on to fiber? I just want to find out what others have done who have cleansed longer.

Support from Family & Friends

Lemonade Diet - Day 1

Today was a real encouragement as my kids really do want to help, and make sure I don't cheat, they are going to help me along, and hold me accountable. I also notice my husband who was very sketical at my first go around last year has now changed his perspective after doing his first cleanse a few months ago, and is ready for a second one this weekend. That really helps to have people that will promote your general well being, and encourage you along.

I also have people in my life that are not very good at understanding when I say that I am cleansing and want to invite the family over for burgers and when you tell them you are cleansing they almost seem put out; but I am always upfront before even coming in hopes they would want to reschedule, and when they want to get together anyways then I still go with my lemonade in hand and they almost want me to fail or look at me all condescending and that just breaks my heart- especially when they are the in-laws.

Lemonade Diet - Day 2

I was so excited today when a girl came running up to me at our towns Watermelon Festival to let me know that her and her husband are doing the ease in and she now feels so confident that she can do it because they won't be tempted by smelling food being cooked in the house. I am excited for her as well because now she can be a buddy I can talk with as I am a few days ahead I can encourage her and she can just motivate me to keep going to the end. It is nice when you have people that you can share your ups and

downs with, kinda like this board. I really like hearing what everyone shares and it does help me know that others are in the same boat. My husband did not start the cleanse this weekend as he did not want to yet as he found out a guy at his work will be starting his at the end of the month so they are doing it together- I am just happy he will have a partner at work that will be holding him accountable and encouraging him.

Lemonade Diet - Day 4

Day 4 and going strong with the support of my friends and family. Still feeling the energy as the day progresses, and it is amazing that all I am on is this lemonade stuff- I just know even the people who watch me the closest are amazed at what I can do while cleansing.

I was so excited to hear that the lady I ran into yesterday is actually going full force into the cleanse today on her husbands push- he wants to feel better now and doesn't want her putting it off for the next day or the next; so that is that they are starting the cleanse.

I also noticed how so many are reading my facebook page, and then coming to me with questions and wanting to start doing it too. How encouraging!

Lemonade Diet - Day 5

Day 5 and I have my family trying so hard to eat healthy, they keep me busy in the kitchen helping them make fresh smoothies and cutting up fruits and veggies. I enjoy the company and hope that once I am off the cleanse they will still want to do this with me. I also now have a few friends doing the cleanse so we can talk of the phone or email each other to talk about similar things. What an encouragement. I notice even my husband wants to do an ease in right now and then he is quick to get off it when he finds out that

his parents are bringing food over, but I am not giving in- and I am sure they will have a grudge but will have to get over it because this is my health and not theirs!

Lemonade Diet - Day 6

I almost think that my psychological and social family stuff could all go together in one post as that is what is bothering me lately during this cleanse, and even when I am not on the cleanse. I notice that the in laws are always revolving our lives around food when we are with them, we never just meet to walk, or play a game, or watch a movie, or go to a museum. No it has to be come eat with us or we are coming to your house and bringing the food or let's meet at a restaurant...blah blah blah So, how do we change that? I have made suggestions, and also tried to encourage them as both their health is in danger with bad hearts, overweight, and also some kind of hernia on dad and back problems. Well, there is always an excuse of some sort but not when it comes to food. They actually ruined my husband as he had been eating good since I started the cleanse with fruits, veggies and nuts and even let me make him fresh juice smoothies for breakfast, and in evening time. The minute he finds out they are bringing food he didn't stand his ground about better health at all- does he fear the wrath of parents? and all because of food? no wonder ever since I married into this family(14 years) I have had weight issues- I seem to get into a really good funk and enjoy my life with kids, and even my husband starts wanting to better himself; and then they move to our state and it all goes down hill from there. Enough whoa is me talk.

I have ultimately had to do this on my own and become an example to our children of what healthy is and what unhealthy is and sharing with them how easy it is to just get into a lifestyle that is not good and then how hard it is to break the habits.

Well, I must make my mind up once and for all that I need to surround myself with others

willing to push themselves and want what is best no matter who around them doesn't. I will create a network! Kinda like this board but with human contact like close friends. I can see why it is so much fun to be able to read how others are doing and encourage them along the way. I will go and call my two girlfriends doing the cleanse tomorrow, and see how they are doing. Onto another day.....

Lemonade Diet - Day 7

Day 7 and much better than yesterday. I had some friends over visiting for evening time and it was very nice not to feel the pressure to eat. I also got so busy I didn't get a chance to connect with either of my cleansing friends. I do hope they are surviving. I will find out tomorrow at church. I like having this board to type on to keep a daily journal of the journey I have been on- fun to look at everyone's posts to, it is such an encouragement.

Lemonade Diet - Day 8

Day 8 and I ended up cancelling going to an event on Sat because I could actually see myself becoming weak and eating something on Day 10 of all days, but I don't think they would let me bring in my cooler with my lemonades, and I am not willing to take that chance and also tempt myself as I plan on going on longer than just 10 days, why ruin a good thing while it is going so good.

I am actually going to hang out with my girlfriend cleansing on day 4, and she is going to teach me indian beading and we will do our lemonades together, and I will play my guitar for her.

My other friend was not taking her health so seriously as her and her husband must be really toxic and got light headed after only doing 3 lemonades or they just wanted to eat so bad they had to have some excuse - I doubt they did the mental prep nor the ease in and I notice that makes a big difference. I feel sorry for them and also sorry for their son who is following in their footsteps in unhealthy choices and weight gain.

Well another day gone by and going strong!

Lemonade Diet - Day 9

Day 9 and really happy that my family is ok with me not going with them tomorrow as they know it would be too hard, so I don't feel left out just understood and validated.

I will be hanging out with another cleanser so we can share and talk all day and just enjoy what we are embarking on. Yeah Fun Fun

I do notice that if you want to truly change your own personal health you really have to stick to your guns especially if you are married or have children or maybe just parents or friends in your life that pressure you, and once they see you are serious they back you or may even leave you alone, but even if they didn't back me I would still trudge on as I know the importance of taking care of me. It can be a lonely journey sometimes trying to eat right while everyone around you doesn't but just hang in there and know what you are doing is your own thing and that is a ok. Congrats everyone who makes it to day 10, now I must get to bed so I can start mine.

Lemonade Diet - Day 10

"Yeah I made it to Day 10 and still want to go further!

@ Wendy that was so funny- ""it was a piece a cake""! I really thought it was the cake as you said just before that they offered you food...ha ha ha

I find that hanging out with those that want to better themselves can be very enlightening and helpful.

I get sad when all those around me want to complain about not feeling good and then you offer some suggestions to help and you tell them about this great cleanse you are doing, and they still want to live there own way and keep complaining. Truly sad...

I am looking forward to finding more people that want to feel better than surrounding myself with the other kind of people as they can be a real drain and also a bad influence."

The Process & Lemonade Diet

Ease-In - Day 2

I am already freezing some fresh organic lemons whole so that I can pull them out and juice them when we are actually on the lemonade only, freeze with skin on and then poke 2 holes when ready to defrost and put in micro 2 minutes then juice, or you could soke in cold water but the micro makes more juice come out. I buy my maple a gallon at a time from a friend, and that seems to keep costs down a bit from store bought stuff. I know how they process and that it is better tasting than store bought. I am also getting my kitchen cleaned and sanitized tomorrow and I go through my fridge and clean it as well right before I begin the lemonade part of the cleanse so I am not rummaging around for stuff and can think straight for the sake of preparing meals for my children and husband. I also write out the meal plan and my kids can make most of the meals themselves so I don't have to and they don't have to ask what is for dinner.

Ease-In - Day 3

I am looking forward to doing the lemonade in the morning. I really like the way I feel when I am in the kitchen and all I have to do is make my drinks and the rest of the family kinda goes about doing their own thing, the one thing I seem to get stuck with is the dishes that everyone else makes so I am going to try and change that this time around. I am hoping that they will continue to want to try the cleanse and they have even wanted to taste the lemonade in the past so I am just waiting for them to really get in the game and commit to doing it all the way with me. I am just waiting also to see if the frozen lemons

do come out ok as I purchased them on sale and did not want them to spoil so I got this info from a friend that suggested I do this to get more juice out of them. Still wondering if it is possible to freeze little ice cubes of the 2 lemon/2 maple and see if that would be transportable to a friend who wants to do the cleanse with me. I will check comments to see if anyone has stated anything about that in just a few.

Lemonade Diet - Day 1

Day one- was up early and ready to start the day. The mental preparation really works....I get right up and make the Salt Water Flush, and turn on an educational video to watch while sipping on my salty broth, makes me feel better not to think too much about it. Once finished I am usually into the information on the video and then 30 mins later I am off to bathroom for first BM, and then I am ready to make my lemonade- fresh squeezed by hand, and then I pull out my special maple syrup, and my homemade cayenne pepper that I grow and dry myself.

I take my first sip and it just takes me back to the first time I ever tried to cleanse- I was on my way out the door and made a quick lemonade and put too much cayenne on accident (kinda dumped in a well rounded teaspoon full)and didn't have enough time for another one so I just decided I would drink up and that it would not hurt me....well as I took my first big gulp I turned red all over and really felt the heat, but then said I will be ok so I drank again and the burn turned to a numbness and what I read about cayenne this is the healing stages of what the herb is doing for you so I just accepted the whole process, and wouldn't you know it about 30 mins later I was so hyper my whole family was saying slow down...it really worked and I like cayenne pepper now especially in my lemonade!

Lemonade Diet - Day 3

Well Day 3 and I had to make my lemonade and mix it with the maple to make sure I had enough to keep me happy while my family and I went to the pool. I even packed the kiddos fresh fruit and that seems to work really good for them and they like pretending they are doing the cleanse with me.

When I make my lemonade I notice I add the mixed ingredients, and then the cayenne and stir and then drink it with my eyes shut at first and then they open and finally at the end I have to take a bigger gulp to get all the cayenne that sank to the bottom. What was so funny about today is I ran into a girl that knows I am cleansing and while talking to me she said what did you eat that was red and I said nothing except the lemonade oh and it had cayenne in it duh- well she pointed out that I was saving some for later in the cracks of my lips and I was wondering why my lips were burning so bad, Ha.

I usually don't chill my waters for the lemonades but today they stuck my water in the cooler and it made it hard for me to drink to fast as I didn't want to get a brain freeze but it was refreshing when you are out in 100+ weather.

Lemonade Diet - Day 4

Day 4 and I am using some of my lemons from the freezer and they pulp nicely when juicing, I wasn't sure if that would work or not but it did just fine and I just defrosted them on the counter for an hour. I do notice when I have a full day planned I make enough to tie me over till returning home so I juice the lemons give or take exact amount and then add maple and shake it up and chill, then I bring my powdered cayenne in separate container and a mixing glass and tablespoon and just make one glass at a time as needed. This morning I actually took 3 lemonades before even leaving the house as I knew they were having dinner on the grounds at our church and I didn't want to get hungry seeing all the food or smelling it. At the church I made two more while everyone

else was eating and it really satisfied me and I was also able to show a few interested parties how to pack your meals when leaving the house while on the cleanse- the lady I ran into yesterday actually left early with her husband because they wanted to start the cleanse today and they did not want to be tempted. I have two or three more people wanting to try it in the near future. I just love the lemonade and the effect it is having on me, can't wait to be totally cleansed.

Lemonade Diet - Day 5

Day 5 doesn't seem to be different from the other days, I just make my lemonades as needed while I am at home and I notice that today I only wanted 6 of them and I was very content, I guess it was because I did not move around that much so my body is not burning or needing fuel. I am also noticing in the local stores that lemons are becoming less and less available so I am looking around for more in my area but might have to venture into the big city to get some, well at least I can freeze them to keep them in the house for remainder of cleanse and for my husband cleansing as well.

Lemonade Diet - Day 6

Yeah Day 6 and I noticed that I needed a few more lemonades than normal as I was moving around all day long- but never let myself get too hungry and drank fresh lemonades as needed, and normally I just drink about 6 a day but I really needed 8 today, hope it doesn't make me gain weight.

I took some lemons out of freezer and put them in fridge to defrost and then realized a few hours later that I was going to need a lemonade so I got the lemon out and put it on counter and rolled it around a bit but didn't wait long enough for it to defrost and it was

all mush and no juice- so I guess the secret is to make sure the lemons are fully defrosted before juicing, you will get more pulp than normal but still really juicy.

Lemonade Diet - Day 7

Day #7 and I still have not changed it up except today I overslept when the alarm went off so I was not able to do the SWF but went right on with doing the lemonades- squeezing the fresh juice and adding ingredients one cup at a time. I was wondering does anyone ever mix the lemon and limes together?

Still enjoying ever minute of this cleanse. See ya tomorrow.

Lemonade Diet - Day 8

Day #8 Well I got some great lemons that are so big and juicy it takes only one to make two lemonades- that is so nice and they are ripe too.

I am running out of maple and really wondering about agave but am too afraid it will mess me up being so close to the end, I will call my friend and see if she can get me another gallon.

I am always in supply of fresh cayenne and can stick it in my dehydrator and have pepper that night for dinner or just stick them outside in this heat and that would bake too....ha Well I never really know what else to say under this page so I am off to another topic now and on to day 9

Lemonade Diet - Day 9

Day 9 is done and so am I- I wanted to make more lemonades but then decided to just drink water instead. I have not been changing anything on making the lemonade but have thought about wanting to if I continue past 10 days, maybe a little lime mixed with lemon and also trying some agave instead of maple to see what happens. Well off to Day 10!

@Jazz: the book says to put lemons with the maple in container in fridge if you must make ahead of time because the maple is what protects the enzymes.

Hey, I also still have a fuzzy white tongue after day 9 but I am starting to see pink down the middle.

@Cate: Now I will have another thing to try if I go past 10 days- molasses, sounds yummy. Thanks for the info.

Lemonade Diet - Day 10

Day 10- I had to make my lemonades to go today and it was so nice to have that ability as I would have been too hungry out of the house. Had a fun time with my girlfriend cleansing but she is making her lemonades all at once and leaving them in fridge with water and cayenne- but I tried to explain that it doesn't work as effectively but she is on Day 6 and still enjoying it so I guess she will live and learn. I did give her some of the books to read for the master cleanse.